

Spring Ahead

<http://jessicasmithtv.com/join-us-for-our-spring-ahead-challenge/>

Here is your suggested weekly workout line up for the next six weeks
(feel free to start your week off with Sunday or Monday as Day 1 – whatever works best for you).

Week 1		
Focus: Endurance ~ Intensity: Moderate		
	YouTube	DVD
DAY 1: CARDIO & COORDINATION	30-Minute Stride & Step* <i>*Don't have a step? You can still follow along without one!</i> <i>OPTIONAL: Add in a stretch session today!</i>	30-Minute Cardio Step Jam ["Walk Strong 3"] <i>OPTIONAL: Add in a stretch session today!</i>
DAY 2: CARDIO STRENGTH	30-Minute Stepping Strength	45-Minute Stepping Strength ["Walk On: Get Strong!"]
DAY 3: STEADY STATE CARDIO	Pick Your 4 Favorite Miles from our "Walking Workouts" Playlist* <i>*count these miles towards your step count for today!</i> <i>OPTIONAL: Add in a stretch session today!</i>	Walk On: 4 Mile Power Walk* [full program, if time permits] OR 4 Mega Miles* (Premix #3) ["Walk On: 5 Mix & Match Miles"] <i>*Be sure to add these miles towards today's daily step count!</i> <i>OPTIONAL: Add in a stretch session today!</i>
DAY 4: FUSION STRENGTH	30-Minute Fusion Sculpt	30-Minute Poise & Grace ["Walk Strong: Build Balance + Inner Strength"]
DAY 6: CORE, CARDIO & PREHAB	26-Minute Cardio Pilates	30-Minute Barefoot Cardio Core ["Walk Strong 3"] AND 15-Minute Strong Feet and Ankles Workout ["Walk On: 5 Fat Burning Miles"]
DAY 6: BALANCE & AGILITY	40-minute Fusion Band	Balance & Agility ["Walk Strong: Build Balance + Inner Strength"]
DAY 7: ACTIVE REST DAY	Have fun and play! This is also a great day to fit in another stretch or prehab session — feel free to add in any of your favorite routines today if you wish.	

Week 2

Focus: Strength & Stamina ~ Intensity: Challenge

	YouTube	DVD
DAY 8: STRENGTH	20-Minute Upper Body Strength OR 12-Minute Upper Body Circuit Walk	30-Minute Upper Body Strength ["Walk Strong"] OR 35-Minute Upper Body Circuit Walk ["Walk On: Metabolism Booster"]
DAY 9: STRENGTH	40-Minute Leg Day Workout OR 11-Minute Buns + Thighs Circuit Walk	30-Minute Lower Body ["Walk Strong 3"] OR 35-Minute Lower Body Circuit Walk ["Walk On: Metabolism Booster"]
DAY 10: CARDIO	30-Minute HIIT Cardio + Core <i>OPTIONAL: Add in a stretch session today!</i>	30-Minute Interval Mix ["Walk Strong"] <i>OPTIONAL: Add in a stretch session today!</i>
DAY 11: CARDIO SCULPT	30-Minute Travel Friendly Cardio + Strength Circuit Workout	30-Minute Cardio Interval Sculpt ["Walk Strong 3"]
DAY 12: CORE CARDIO	23-Minute HIIT for Beginners: Kickboxing Interval Training <i>OPTIONAL: Add in a stretch session today!</i>	30-Minute Cardio Hit! ["Walk Strong 3"] <i>OPTIONAL: Add in a stretch session today!</i>
DAY 13: STRENGTH	20-Minute Total Body Strength	40-Minute Strictly Strength ["Walk On: Get Strong!"]
DAY 14: ACTIVE REST DAY	Have fun and play! This is also a great day to fit in another stretch or prehab session — feel free to add in any of your favorite routines today if you wish.	

Week 3

Focus: Core Centric ~ Intensity: Moderate

	YouTube	DVD
DAY 15: STEADY STATE CARDIO & CORE	30-Minute Power Interval Walk AND 12-Minute Better Posture Workout	30-Minute Fat Blaster ["Walk On: 3 Weight Loss Walks"*] AND Healthy Back bonus workout ["Walk On: 5 Day Fat Burn"*] <i>* both DVDs exclusively available in our "30 Day Plan" set</i>
DAY 16: STRENGTH	30-Minute Total Body Standing Strength [Prenatal Approved]	40-Minute Strictly Strength ["Walk On: Get Strong!"]
DAY 17: CARDIO CORE	40-Minute Flat Abs Walk <i>OPTIONAL: Add in a stretch session today!</i>	3-Mile Flat Abs Walk ["Walk On: Walk Off Belly Fat"] <i>OPTIONAL: Add in a stretch session today!</i>
DAY 18: STRENGTH	20-Minute Single Sided Strength	28-Minute Total Body Abs Transformer ["Cardio Abs"] AND OPTIONAL 20-Minute Core Stretch ["Total Body Balance"]
DAY 19: CORE + PREHAB	20-Minute Abs, Back & Core <i>OPTIONAL: Add in a stretch session today!</i>	30-Minute Prehab Routine ["Walk Strong"] AND 26-Minute Concentrated Abs [from our "Cardio Abs" DVD] <i>OPTIONAL: Add in a stretch session today!</i>
DAY 20: STRENGTH	40-Minute Yoga Tone	30-Minute Tone & Flow ["Walk Strong 3"]
DAY 21: ACTIVE REST DAY	Have fun and play! This is also a great day to fit in another stretch or prehab session — feel free to add in any of your favorite routines today if you wish.	

Week 4

Focus: Stretch & Strength* ~ Intensity: Challenge

*go as heavy as you safely can during your strength sessions this week!

	YouTube	DVD
DAY 22: PREHAB & STRENGTH	30-Minute Total Body Sculpt	15-Minute Strong Knees and Hips Routine ["Walk On: 5 Fat Burning Miles"] AND 30-Minute Total Body ["Walk Strong 3"]
DAY 23: STRETCH	8-Minute Standing Stretch * NEW <i>airs on our channel on 4/6/19</i>	30-Minute Yoga for Strength & Flexibility ["Yoga Fusion Fix"]
DAY 24: STRENGTH	15-Minute Upper Body Burn AND 15-Minute Lower Body Blast	30-Minute Upper Focus AND 30-Minute Lower Focus, if time permits ["Walk Strong: Boost Metabolism & Muscle"]
DAY 25: STRETCH	30-Minute Yoga Stretch	30-Minute Gentle Yoga for Stability and Mobility ["Gentle Yoga Stretch"]
DAY 26: STRENGTH	15-Minute Total Body Strength AND 10-Minute Cardio Strength Mash Up OPTIONAL: 8-Minute Abs + Back Exercises	Total Body Training + Streamline Sculpt OPTIONAL: Add On Abs [all "Walk Strong 3"]
DAY 27: CARDIO & STRETCH	30-Minute Power Walk AND 5-Minute Fix: Total Body Stretch	Warm Up, Mile 1, 4, 6, Cool Down and Stretch ["Walk On: 6 Mile Mix"]
DAY 28: ACTIVE REST DAY	Have fun and play! This is also a great day to fit in another stretch or prehab session — feel free to add in any of your favorite routines today if you wish.	

Week 5

Focus: Glow & Flow ~ Intensity: Moderate

	YouTube	DVD
DAY 29: FUSION STRENGTH	30-Minute Yoga Sculpt	52-Minute Fusion Strength ["Feel Good Fusion"]
DAY 30: STEADY STATE CARDIO & PREHAB	30-Minute Latin Spice Walk AND 8-Minute Total Body Towel Stretch	30-Minute Cardio Party ["Walk Strong"] AND 20-Minute Bonus Routine for Stronger Knees ["Walk On: Metabolism Booster"]
DAY 31: ENDURANCE STRENGTH	20-Minute Prenatal Total Body Strength Workout [great for non-prenatal exercisers too!]	30-Minute Barre Sculpt [from our Walk Strong 3 series]
DAY 32: CARDIO & CORE	30-Minute Feel Good Fusion	35-Minute Flow Cardio ["Feel Good Fusion"]
DAY 33: ENDURANCE STRENGTH	40-Minute Fusion Band	30-Minute Barefoot Fusion Sculpt ["Walk Strong"]
DAY 34: CORE	The 26-Minute Rise & Shine Workout	30-Minute Pilates + Yoga ["Walk Strong 3"]
DAY 35: ACTIVE REST DAY	Have fun and play! This is also a great day to fit in another stretch or prehab session — feel free to add in any of your favorite routines today if you wish.	

Week 6

Focus: Power Push ~ Intensity: Challenge

	YouTube	DVD
DAY 36: STRENGTH	30-Minute Strength Training for Women	35-Minute Total Focus [“Walk Strong: Boost Metabolism & Muscle”]
DAY 37: HIIT CARDIO	26-Minute Cardio Bootcamp Boogie <i>OPTIONAL: Add in a stretch session today!</i>	Boogie I.T. [“Walk Strong”] <i>OPTIONAL: Add in a stretch session today!</i>
DAY 38: STRENGTH	35-Minute Cardio Strength Step Circuit	30-Minute Metabolic Conditioning [“Walk Strong 3”]
DAY 39: CARDIO CORE + FOUNDATIONS	15-Minute Kickboxing 101 <i>OPTIONAL: Add in a stretch session today!</i>	30-Minute 360 Abs [“Walk Strong”] AND 30-Minute Foundations [“Walk Strong 3”] <i>(can be done in either order – Foundations or 360 Abs first, your preference).</i> <i>OPTIONAL: Add in a stretch session today!</i>
DAY 40: STRENGTH	30-Minute Total Body Chisel + Burn	30-Minute Upper Body AND 30-Minute Lower Body, if time permits [both “Walk Strong 3”]
DAY 41: CARDIO & STRETCH	20-Minute Calorie Crushing Cardio AND 15-Minute Short and Sweet Stretch	30-Minute Steady, Ready, Go [“Walk Strong: Burn Fat and Have Fun”] AND 30-Minute Dynamic Stretch, if time permits [“Total Stretch”]
DAY 42: ACTIVE REST DAY	Have fun and play! This is also a great day to fit in another stretch or prehab session — feel free to add in any of your favorite routines today if you wish.	